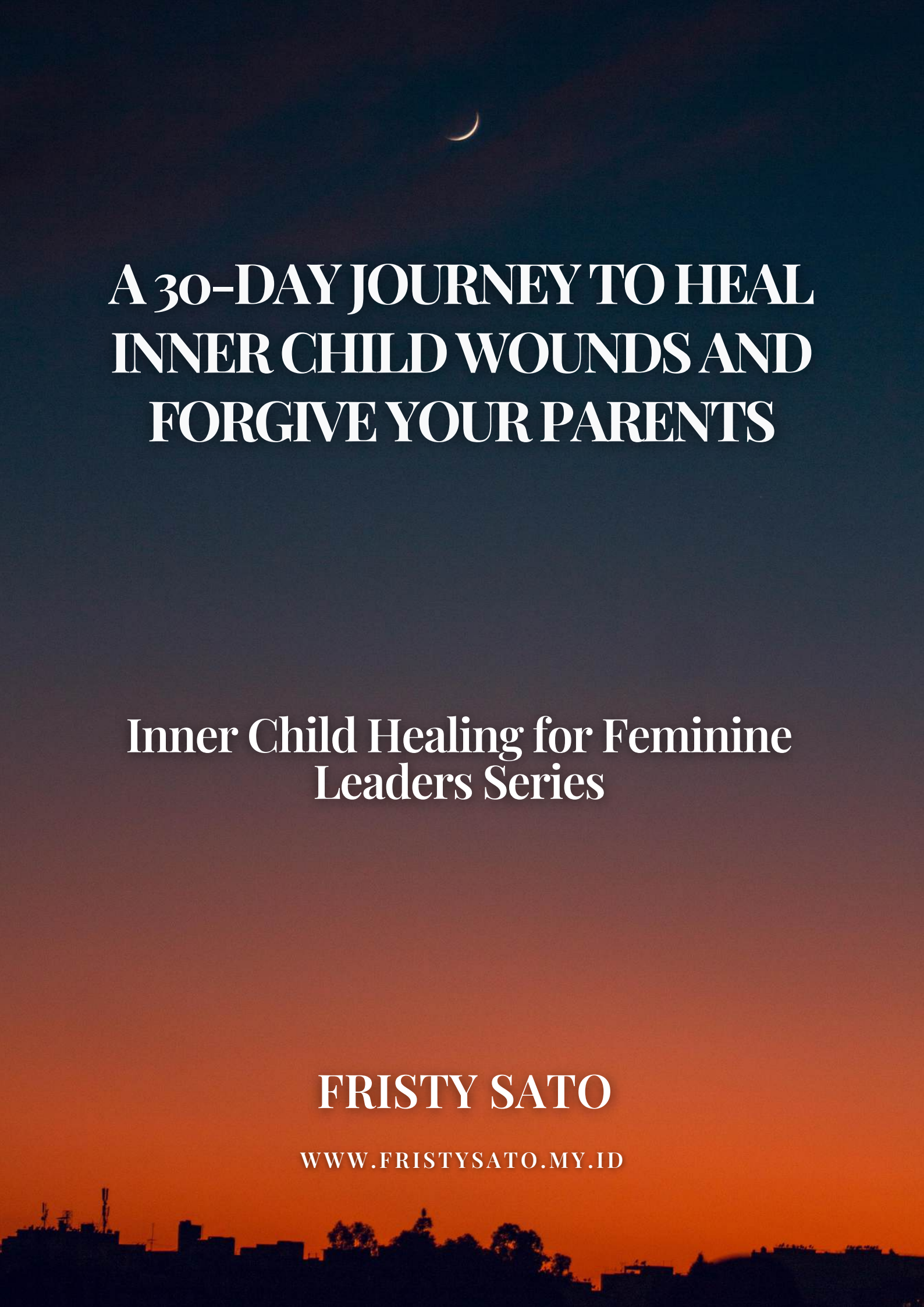

A 30-DAY JOURNEY TO HEAL INNER CHILD WOUNDS AND FORGIVE YOUR PARENTS

Inner Child Healing for Feminine Leaders Series

FRISTY SATO

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A 30-Day Journey to Heal Inner Child Wounds and Forgive Your Parents

Written by Fristy Sato

Divine Feminine Leadership Initiator

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A 30-Day Journey to Heal Inner Child Wounds and Forgive Your Parents

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While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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Welcome Letter

Hey,

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Moving to Japan became my mirror: the hustle, the pressure to prove, the loneliness under the surface. It all cracked open the deeper truth—I wasn't broken; I was simply unmothered inside myself.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

This workbook is your invitation to walk that same path.

Let's get straight to the truth.

The reason you are exhausted isn't just about your schedule. It's about your **inner contract**.

You are a powerful, successful woman. But deep down, a younger part of you is still running the show. She's still using the survival strategies she learned in childhood: the need to perform, the fear of setting a boundary, the constant over-explaining. That old contract is what makes your current success feel like a **hustle hangover**. It costs you peace. It blocks your genuine purpose.

This workbook is your quiet invitation to shift. We are moving you from **Childhood Survival Mode** to **Adult Sovereignty.** This inner work is the true foundation of **Feminine Leadership.**

Thirty days. Gentle steps. One layer of forgiveness at a time. Your future self will thank you for it.

Fristy Sato | Divine Feminine Leadership Initiator

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How to Use This Workbook

You'll move through four weekly phases:

1. **Week 1 – Awareness:** Recognize your inner child's unmet needs and the family patterns still shaping you.
2. **Week 2 – Release:** Begin to unhook resentment, guilt, and responsibility that were never yours.
3. **Week 3 – Repattern:** Learn to re-parent yourself through daily practices of safety, validation, and self-expression.
4. **Week 4 – Embody:** Forgive without forgetting, integrate new boundaries, and lead from your heart.

Each day gives you a short practice (10–20 min): reflection prompts, NLP-style reframes, simple energy clearing, or journaling. You can do them in order or intuitively.

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WEEK 1 — Awareness: Meeting the Inner Child

Understanding where your wounds began. Seeing your parents not as villains or heroes, but as humans who also had wounded children inside them.

Daily Practice

Day 1 – 2 **The Moment You Learned to Be Good** Journal: “When did I first learn that love must be earned?” Reframe: What if love was always meant to be given, not negotiated?
Day 3 – 4 **Family Mirror Mapping** Draw a simple family map. Note repeating emotions (anger, silence, anxiety). Awareness is the first act of freedom.
Day 5 – 7 **Body Check-In** Sit quietly; notice where your body tightens when you think of “family.” Place your hand there. Breathe in the sentence: “It’s safe to notice.”

Affirmation for the Week

“I witness my past with compassion and curiosity.”

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 2 — Release: Letting the Pain Speak

Unfreezing the emotions you stored to keep the peace. Grief, anger, fear, shame—they're not signs of regression; they're signs of thawing.

Core Tools

1. **Timeline Re-view (adapted from Time Line Therapy®)**: Imagine floating above a memory where you felt unseen. Ask your adult self: What did I need back then that I can give myself now?
2. **Theta-Style Forgiveness Prayer**: "Creator of all that is, show me the truth of this memory with love, not judgment."
3. **Somatic Release:** Shake out your hands, stomp lightly, hum. Let energy leave the body.

Journaling Prompts

"What emotion do I keep suppressing to protect harmony?"
"If my anger could speak politely, what would it request?"
"What am I still trying to make my parents understand?"

Affirmation for the Week

"Releasing pain makes room for peace."

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 3 — Repattern: Re-Parenting Yourself

Replacing old scripts—"I must perform to be loved"—with new embodied truths.

Daily Micro-Practices

Morning Mirror Work Look at yourself and say: "Good morning, sweetheart. I'm proud of you for waking up." *Your nervous system learns safety through consistency, not intensity.*
Evening NLP Reframe Old thought: "I'm so behind." Reframe: "I'm learning at the exact speed that builds trust in me.
Midweek Visualization Imagine your inner child walking beside you today. What would delight her? Give her that joy—music, colors, or five minutes of play

Affirmation for the Week

"I am the safe parent I've been waiting for."

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights.

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WEEK 4 — Embody: Forgiveness and Forward Movement

Forgiveness isn't saying "it's okay." It's choosing not to carry the pain any longer.

You forgive for freedom, not for approval.

Practices

Day 1 – Letter of Liberation Write two pages: "Dear Mom/Dad, here's what hurt… here's what I'm giving back to you… here's what I'm reclaiming as mine." Burn, bury, or safely tear the pages afterward.
Day 3 – Energetic Boundaries Reset Stand tall. Imagine a gentle light around you—neither wall nor armor, but clarity. Say aloud: "I can love you and still choose myself."
Day 5 – Leadership Integration Journal: "How does a healed version of me lead, parent, or partner differently?" Anchor one tangible change this week.

Affirmation for the Week

"I bless my past and walk freely into my becoming."

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Closing Integration

Take a slow walk. Reflect on who you were thirty days ago and who you are now. You've built emotional muscles of awareness, forgiveness, and self-leadership. This isn't an ending—it's a commencement.

Suggested Ongoing Habits

- Weekly journaling check-ins
- Monthly inner-child playdate (do something purely for delight)
- Regular grounding through meditation or prayer
- Quarterly review: notice how your relationships and self-talk evolve

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Final Note from Fristy

Healing your parents' stories doesn't erase your roots; it redeems them.

When you forgive, you don't abandon your lineage—you become its evolution.

Thank you for walking this path with me.

If you'd like to go deeper into Divine Feminine Leadership visit my website at fristysato.my.id

With warmth and respect,

Fristy

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Your Next Sacred Step: From Survival to Sovereignty

You've done the beautiful inner work of realization. You've identified the inner contract that is costing you peace.

This is the exact work we deepen inside the **Homecoming Method**. If you are ready to fully embody this healing and build your leadership on an unshakable foundation of self-trust, you have two clear paths home:

Path A: High-Touch, Private Mentorship (The Full Homecoming)

If you crave **high-touch, trauma-informed support** to regulate your nervous system and re-parent each phase of your Inner Child (Infant, Toddler, Preschool, School-Age, Adolescent), this is your invitation. The 10-Week Mentorship is limited to 5 women per quarter for deep, custom support.

Apply Now for the 10-Week Inner Child Healing for Leaders Private Mentorship

Note: Only 5 spots are available per quarter.

Path B: Self-Paced Integration (The Study Path)

If you need a flexible, self-paced solution to anchor this work now, the **Inner Child Healing Bundle** offers all the foundational resources—including the Access to Workbooks for every phase of childhood **(Total: 5 Books)**—for intensive self-study.

Get the Inner Child Healing Bundle for $333

I am holding the space for your homecoming.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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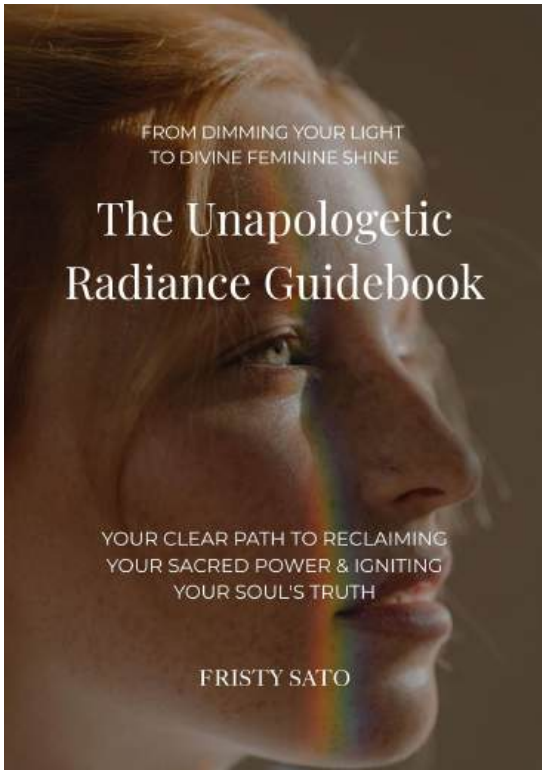
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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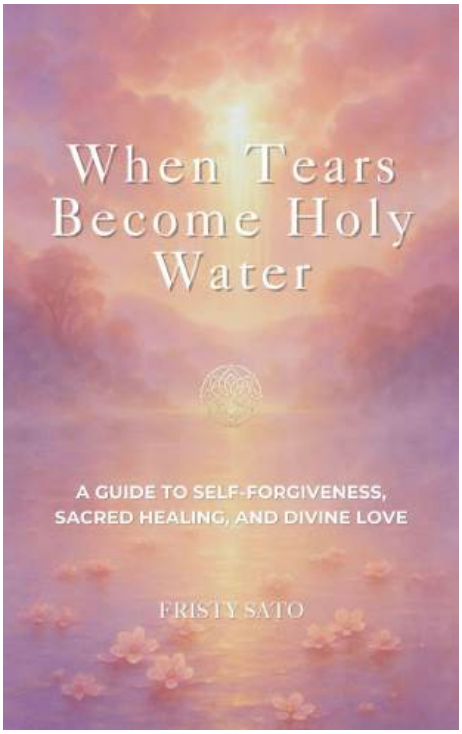
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

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This book found me exactly when I needed it. I didn’t realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy’s words felt like a hand on my heart. She doesn’t just teach forgiveness—she lives it. This is more than a book. It’s a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I’ve read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that’s both nurturing and powerful. She doesn’t sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It’s a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn’t put this book down. Fristy’s journey through rage, grief, and spiritual awakening is not just inspiring—it’s transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I’ll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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